

## A checklist of what to do during and after an earthquake

By using a checklist of important steps to take during, and after an earthquake, your odds of surviving uninjured are overwhelming. Print out a copy of the checklist and keep it handy. You can also print out a checklist of earthquake supplies so you'll know what to have on hand at your home, in your care and at the office.

### Indoors (home or office):

- Go to interior doorway or seek cover under sturdy objects.
- Stay away from windows.
- Do not take elevators.
- Watch for falling debris.
- In an office, do not panic and run into stairwells.
- Keep calm!

### Outdoors:

- Stay away from buildings, power lines, trees and overpasses.
- Watch for falling debris (including rocks or bridges).
- If in a car, pull over to a safe area and stay in your car.
- Keep calm!

### After the shaking stops:

- Wear shoes.
- Check and attend to injuries.
- Check power line damage (gas, electric, water, sewage).
- Check for damage and potential hazards in the event of aftershocks.
- Clean up hazardous spills.
- Turn on portable radio for public safety information.
- Disinfect water (bleach or boiling). Extra water can be found in toilet tanks (not the bowls), water heaters, ice cubes, canned fruits and vegetables.
- Check food.
- Open cupboards carefully. Watch for falling objects.
- Schedule meals before foods spoil.
- Check for broken glass.
- Do not go sightseeing.
- Do not use telephone except in life/death emergencies.
- Prepare for aftershocks.

## Making your water safe to drink

If your water is still on after a natural disaster, you may need to disinfect it to make it safe to drink. Here's how:

- If your power is still working, simply strain the water through a clean cloth (this removes sediment, glass and floating matter). Then boil it for 5-10 minutes.
- If your power is not on, after straining the water, disinfect it with a 5.25% solution of sodium hypochlorine (household chlorine bleach). Do not use bleaches with other active ingredients.

Use the table below to help you disinfect your water with bleach:

If you have	and your water is clear:	If your water is cloudy:
1 quart of water	add 2 drops bleach	add 4 drops bleach
1 gallon of water	add 8 drops bleach	add 16 drops bleach

5 gallons of water

add 1/2 tsp. bleach

add 1 tsp. bleach

Mix the water and bleach well (stir or shake). Let it sit for 30 minutes. If there's a slight chlorine odor in the water, you did it right. If not, repeat the dosage and let it sit 15 more minutes.

#### **Food and water shortage**

Keep canned and dry foods on hand. Without electricity, food in the refrigerator will spoil and you may not be able to cook. Generally, canned and dry foods have a shelf life of at least one year. Keep enough food to last each member of the family for a week. Don't forget food for your pets. For your canned food, you'll need a manual can opener. You may also want to keep disposable plates, cups and utensils. You can print a complete checklist of earthquake supplies.

Water should be the primary concern. The human body cannot survive more than a few days without it. Damaged water lines may result in contaminated water or no water at all. Your best bet is to keep plenty of bottled water on hand. Generally, each person will need between two quarts and a gallon per day. So keep 1-7 gallons per person on hand just to be safe. If there is still water in your tap, you'll need to disinfect it.

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